A method according to claim 50 wherein the components of the mix are present in the quantities:

Cement

 375 kg/m^3

PUR

250 kg/m3

Bulking agent

 250 kg/m^3

Waterproofing agent

0.1-0.3% w/w cement

(Hydrophobe)

Flowing agent

0.03-0.06% w/w cement

(Airalon)

Water

200 l/m³

52. A method according to claim 50 wherein the components of the mix are present in the quantities:

Cement

 300 kg/m^3

PUR

 327 kg/m^3

Waterproofing agent

0.1-0.3% w/w cement

(Hydrophobe)

Flowing agent

0.03-0.06% w/w cement

(Airalon)

Water

373 1/m³

- 53. A PUR building material obtainable by a method of any of claims 41 to 52.
- 54. A method of preparing a construction element comprising:
 - a) preparing a mould sized to reflect the intended dimensions of the finished board;
 - b) introducing a PUR building material according to claim 53 into the mould;
 - c) curing the formed board; and
 - d) separating the mould and the construction element.